

HEALTH PROMOTION & PREVENTION INITIATIVES

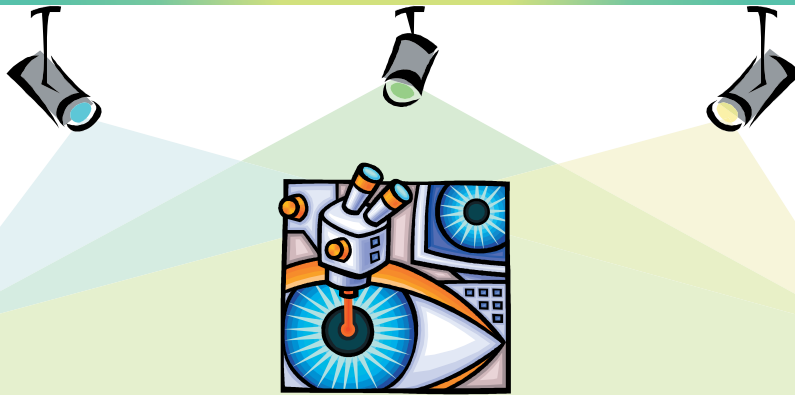
NEWSLETTER

Issue No. 5



Mar-Apr 2004

Initiative Spotlight



Diabetic Retinopathy Screening

The issue: The early detection and treatment of diabetic retinopathy can save vision, reduce the cost of eye care, and decrease disability for this chronic disease. Studies have shown that high resolution digital retinal images can be used to make diagnostic and management decisions for patients with diabetes mellitus. In addition, these images are less costly and less time-consuming than an ocular examination by an ophthalmologist.

The proposed solution: The goal of this initiative was to increase the number of diabetic patients screened for diabetic retinopathy by putting a retinal imaging station in the Primary Care Clinic. This would eliminate the need for the patient to make and keep an appointment with an ophthalmologist.

Innovative approach for this initiative: This initiative linked vision screening for diabetics to a regular diabetes care appointment. The screening was intended to be provided right in the Primary Care Clinic. Unfortunately, the clinic was unable to accommodate the request for space. However, the vision screening appointment was still linked to the regular clinic appointment so that the diabetic patient only had to come to the clinic once for both appointments.

Lessons learned: Linking a retinal screening to a primary care clinic visit increased the number of diabetics screened for diabetic retinopathy from 65% to 80%. Among active duty Soldiers, the number screened rose by 32%. In addition, patients indicated that this program was faster than seeing an ophthalmologist. Thus, patients may have been more motivated to keep the next screening appointment.

For more information, visit HPPI Project Profile #2108 at <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

Deployment Resources

Deployments are affecting Soldiers and their families. If you see a need that should be addressed, offer a short program or fact sheet. If deployment issues are being addressed by other installation resources, such as Army Community Services, your input may strengthen their program. A wide variety of preventive medicine deployment resources can be found at <http://chppm-www.apgea.army.mil> including:

- Immunizations
- Staying healthy in (a specific country)
- Hot weather operations
- Cold weather operations
- High altitude operations
- Health guidance for a specific country
- Medical threat briefings
- Female soldier readiness guide
- Guidance on sleeping in theater
- Post-deployment medical concerns

Good pre- and post-deployment resources for the family can be found at <http://www.hooah4health.com/deployment/default.htm> including:

- Getting the family ready for deployment
- Family Readiness Groups
- Parenting tips
- Emotional cycle of deployment
- Resources to reduce homecoming strain
- Health concerns
- Maps to locate specific locations in deployment areas

Program Pointers

Program Goals and Objectives – What are they?

A crucial part of program planning is the development of goals and objectives. However, many people get confused about the difference between goals and objectives. While these terms are often used in the same way, there are important distinctions in terms of the purpose and scope of each:

• Goals –

- Consist of single, broad statements of a program's long-range purpose (programs may have one or multiple goals)
- Should be guided by the results of a needs assessment (see HPPI Newsletter Issue No.1)
- Include two basic parts – the intended result of the program and the target audience

A good example of a goal: "To improve the dental readiness of soldiers assigned to Camp Swampy."

• Objectives –

- Consist of specific statements that represent smaller steps to be accomplished in order to meet the program goal(s)
- Indicate the change that will occur in the target population as a result of the program, including *how much* change and *by when*
- Must be written in **measurable** terms (i.e., how much change and by when will you have a measure by which to tell whether or not your program was effective)

A good example of an objective: "By January 2006, decrease the percentage of soldiers at Camp Swampy who are designated Dental Class 3 from 40% to 25%."

HPPI News & FAQs

Survey Results

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| <ul style="list-style-type: none"> – 82 completed surveys were received – 50% of respondents had read more than one issue of the newsletter – 85% of respondents stated the newsletter had helped them to do their job more efficiently | <ul style="list-style-type: none"> – 54% of respondents have used the Internet resources in the newsletter – 49% of respondents have forwarded or given the newsletter to someone else. |
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We received great comments and suggestions for future issues. A complete analysis of the survey will be posted on the HPPI web page. Thanks to all who participated!

FY04 Funding Awards

Twelve applications were selected to receive HPPI FY04 funding awards. Application scoring was weighted towards strength and completeness of the application and applicability to Soldier readiness and deployment. The HPPI Team appreciates the support of all who submitted FY04 applications. More information about FY04 funding awards is available on the HPPI web page: <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>

For more information about HPPI, or to see past issues of the HPPI newsletter, visit <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

To subscribe to this newsletter or send comments/suggestions send email to: Marcella.Birk@apg.amedd.army.mil or call DHPW at (410) 436-4656, DSN 584-4656. Non-government web sites listed in this newsletter do not in any way constitute Department of Defense endorsement of the private entity, its web site, or its products.

Don't Reinvent the Wheel!

Dietary Supplement Resources

Do you need current information on dietary supplements? DHPW has assembled a wealth of dietary supplement resources for your use, including the following:

- Downloadable brochure: "Facts About Dietary Supplements for the Warfighter"
- Fact sheets on individual supplements
- Fact sheet: "How to Spot a Fraudulent Product"

To access these resources and more, visit: <http://chppm-www.apgea.army.mil/dhpw/Wellness/dietary.aspx>.

